

REDEFINING HEALTH CARE



Health

LifeCycles

FOR WOMEN

Boning Up on Osteoporosis

Tuesday, April 20 • 6–7:15 pm

**West Medical Center
Main Conference Room**

Heel Screenings will be available from 5:30 – 6:00 pm and 7:15 – 8:00 pm

Meet Our Presenters:



Mitchell Nahra, MD

Dr. Nahra earned his medical degree from Case Western Reserve University and completed his residency at The Ohio State University. He then completed a clinical fellowship in hand and upper extremity at the Mayo Clinic. Dr. Nahra specializes in hand and upper extremity surgery. Dr. Nahra is board certified and holds a special board certificate of added qualification in hand surgery.



Donna Kuta, FNP

Donna Kuta is a family nurse practitioner and the clinical manager of the Anticoagulation, Heart Failure and Chronic Kidney Disease Clinics and the Infusion Center. Donna developed and is also clinical manager for Lake Health's new Osteoporosis Clinic. Donna received her master's degree in Nursing from the Frances Payne Bolton School of Nursing at Case Western Reserve University.

FEE: \$5 payable at the door (Free for LifeCycles for Women® members)

Light refreshments will be served.

**To register, call the Best of Health Line at
440-953-6000 or 1-800-454-9800**



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